



CROCK-POT ASIAN POT ROAST

By Dr. Cindy Tanzar
(Standard and Maintenance Plans)

Try this new twist on an ordinary beef roast! Adding Asian flavors is a great way to curb your boredom with the same cuts of meat, and it's so easy. Serve your roast over cauliflower rice or in a lettuce leaf for lunch leftovers. Fish sauce is used in a lot of Asian cooking. It adds a subtle (non-fishy) flavor to this recipe. Red Boat Fish Sauce can be found most places and is very pure.

Makes 12-16 servings. One serving of this recipe is 3 oz. cooked roast and covers your protein for one meal.



INGREDIENTS

- 1 (4-5 lb) chuck roast
- 3 cloves garlic, crushed
- 2 Tbsp fresh ginger, peeled and chopped or 6 Dorot's frozen ginger cubes (grocery store freezer veggie section)
- 1 tsp pure orange extract



1/4 cup Red Boat fish sauce or brand with no preservatives/sugar
2 Tbsp Swerve granular
1 tsp crushed red pepper flakes
1/2 cup water

1 Tbsp orange zest
1 Tbsp Swerve
1 tsp red wine vinegar

INSTRUCTIONS

Place roast, garlic, ginger, orange extract, fish sauce, Swerve, red pepper flakes and water into a crockpot.

Slow cook on low for 8-10 hours or on high 4-6 hours (depends on size of roast) until very tender. Remove the roast and cover to keep warm, leaving the crockpot turned on.

Mix the orange zest, Swerve and red wine vinegar together. Add to the crockpot and continue to let it simmer 5-10 minutes.

Pour the sauce over the meat, serving in pieces or shredded.